

WELCOME TO THE Y



Y GENERAL INFORMATION

YMCA BUILDING HOURS*

Monday-Friday 5:30 am - 9:00 pm
 Saturday 7:00 am - 6:00 pm
 Sunday 11:00 am - 6:00 pm

* Fitness center, gyms, racquetball courts & pool close 15 min early. *

LAP SWIM

Monday through Friday 6:00-8:30 am/11:30-1:30 pm
 Monday & Wednesday 6:45-8:00 pm
 Friday 4:00-6:00 pm
 Saturday 7:00 - 8:55 am/12:00 - 1:30 pm
 Sunday 12:00 - 1:30 pm

OPEN/FAMILY SWIM

Monday through Friday 2:00-3:00 pm
 Tuesday & Thursday 6:45-8:00 pm
 Friday 6:00-8:00 pm
 Saturday & Sunday 2:00 - 5:00 pm

OPEN GYM

Gym availability varies based on our program schedules. Generally there is open gym time in at least one or both of our gymnasiums at any given time (some exceptions may occur). Please call the Y to confirm availability.

RACQUETBALL COURTS

Two courts are open daily. Reservations are encouraged.

PICKLEBALL

Two courts in the mini gym are available. Call to reserve a time.

BIRTHDAY PARTIES & BUILDING RENTALS

Designated areas of the YMCA are available for gatherings, meetings and birthday parties. Please contact the Y for updated information on rental options.

LOCKER RENTALS / PERSONAL ITEMS

Tall and kit lockers are available for rent and daily use at no charge. Yearly prices are \$65/tall locker & \$30/kit locker. Visit Member Services for details. Please lock any valuables in a locker (locks are available for \$6 at Member Services).

AGE REQUIREMENTS

The Y is open to all ages. Youth age 10 and under must be directly supervised by a parent or guardian over age 14.

PERSONAL SAFETY GUIDELINES

Members and guests are asked to follow the YMCA Code of Conduct which is posted online and in the facility.

CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@gfymca.org
Nicholas Jordan	Youth Development Director	njordan@gfymca.org
Janine Jorgenson	Child Care Director	jjorgenson@gfymca.org
Curt Kotrba	Building & Grounds Director	ckotrba@gfymca.org
Adam Sorum	Healthy Living Director	asorum@gfymca.org
Mikalya Jacobson	Sports & Camp Director	mjacobson@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Ann Vossekuil	Member Services Coordinator	avossekuil@gfymca.org
Kari Riel	Payroll/Accounts Payable Admin	kriel@gfymca.org
Chad Peterson	Childcare & Membership Billing	cpeterson@gfymca.org



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Y MEMBERSHIP INFORMATION

MEMBERSHIP FEES

Bank Draft	Monthly	3 Months
Youth (7 years - High School)	\$30.00	\$90.00
Individual College/Military/Senior	\$51.85	\$155.55
Individual Adult (age 19+)	\$61.00	\$183.00
Family	\$90.00	\$270.00
Military Family	\$81.00	\$243.00
Single Parent Family/College Family	\$81.00	\$243.00
Senior Couple	\$72.00	\$216.00

NATIONWIDE MEMBERSHIP PRIVILEGES

Through the Nationwide Membership program, Y members can visit any participating YMCA in the U.S. and Puerto Rico, at no additional cost, through their home Y membership. (Some exceptions may apply - good for YMCA memberships only).

PROGRAM DISCOUNTS FOR MEMBERS

Most of our YMCA programs offer discounted prices to Y members, including sports, swim lessons, personal training, and more.

INSURANCE INCENTIVE PROGRAMS

The Y supports SilverSneakers®, Silver&Fit® Renew Active/One Pass™ and other insurance member benefits. To find out if you qualify, check with your insurance provider or call the Y for assistance.

PARTNER OF YOUTH SCHOLARSHIPS

Youth, adult and family membership & program financial scholarship assistance is available. Applications may be acquired at Member Services or on our web site.

Y AMENITIES

Your membership privileges include: use of the gymnasiums, racquetball courts, fitness center cardio/weight areas, locker rooms (adult, youth and family), track, and swimming pool. Programs and services available include: group fitness and water exercise classes, lap swim, open/family swim, and more. Tours are available any time.



TWO GREAT FACILITIES - ONE MEMBERSHIP
 Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.

FIND YOUR

PASSION PURPOSE FUN

May 24, 2024

FIND YOUR Y



Altru Family YMCA
 Spring/Summer 2024

www.gfymca.org
 701.775.2586

SPORTS

Contact Mikayla Jacobson
mjacobson@gfymca.org

YOUTH SPORTS



YBL - Girls & Boys Youth Basketball League
April 11 - May 15
Tuesdays - Games / Thursdays - Practice
Girls- YMCA / Boys-Kelly Elementary.
Gr 2-3 / 5:30-6:30 pm / Gr 4-6 / 6:45-7:45 pm
\$65 Members / \$85 Non-members

Itty Bitty Basketball
May 11-June 1
Age 3-4 • Saturdays
At YMCA
9:30-10:10 & 10:20-11:00 am
\$40 Members / \$50 Non-members

Mighty Mite Basketball
May 11-June 1
Grade K-1 • Saturdays
At YMCA
9:00-9:50 & 10:00-10:50 am
\$50 Members / \$60 Non-members

Youth Soccer
June 4 - 29 at ELKS PARK
Tuesdays - Practice / Thursdays - Games
Itty Bitty Age 3-4 5:30-6:00 pm
Happy Feet Gr K-1 6:10-7:00 pm
\$55 Members / \$65 Non-members

Karate
Youth age 6-12 / Adult 13+
Class is ongoing, Wed., Fri., Sat.
\$25 member / \$30 non-member (monthly)

SPORTS ACADEMIES

- **FOOTBALL**
May 5, 12, 19 / June 23, 30, Jul 7 / July 14, 21, 28
 - **BASKETBALL** May 11
 - **VOLLEYBALL** June 4, 11 / June 5, 12
- Contact Adam Sorum: asorum@gfymca.org

ADULT SPORTS

Adult Noon Pick Up Games
Basketball M-F • Volleyball T/Th
Pickleball
Mini Gym - Call to reserve court time.
Racquetball
Court reservation encouraged.



Firecracker 5K/10K
July 4th, 2024 • 8 am
Register here →



SAND VOLLEYBALL TOURNAMENT
June 15 • 9:00 am - 3:00 pm
• Ages 16+
• Co-ed Teams
• Prizes will be awarded.
• Register in-house, online, or by phone.
• 4's Divisions \$60 / 6's Divisions \$80
• Contact Mikayla Jacobson.

Parents Night Off Kids Night In

Fridays: 5/3, 6/7, 8/2, 9/6, 10/4, 11/1, 12/6, 13/20
Ages 3-12 / 6:00-8:45 pm
Must be potty trained. \$25 (additional child \$12)

Adventure Camp

Adventure Camp is an unlicensed summer day camp for kids age 5-12. The children explore area communities and parks. Children bring their own nut-free lunch. Snacks are provided. Each week follows a fun theme. Contact Nick Jordan for details.

FITNESS

Contact Adam Sorum
asorum@gfymca.org

GROUP FITNESS



Y Group Fitness classes feature cardio, strength, stretching, mind/body, dance-based, group cycling, boxing, water exercise, SilverSneakers and more. Enjoy yoga in our heated studio. Group fitness schedules are published monthly. Contact Sonia Kraft.

FITNESS CENTER

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, boxing, and dedicated Olympic strength areas, including wheelchair accessible equipment - all within easy access to the Nautilus strength circuit - providing a wide variety of choices for members and guests of all fitness levels and abilities. Contact Adam Sorum.

The Y also features two gymnasiums, a walk/run track, raquetball courts and more!

PERSONAL TRAINING

Personal Fitness Training is available for individuals, groups and families. Physical assessments, including body fat analysis are also available. Contact Sonia Kraft, Adam Sorum, or Al Hager.

SPECIAL PROGRAMS

The Y offers specialty programs like:

- Med Fit
- Parkinson Wellness
- Rock Steady Boxing
- LIVESTRONG at the YMCA
- Cardiac/Pulmonary Phase 3

Contact Adam Sorum or Patti McEnroe.

AQUATICS & SAFETY

Contact Nicholas Jordan
njordan@gfymca.org

WATER SAFETY



FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Apr 13-14, May 4-5, Jun 1-2, Jul 6-7, Aug 10-11
Saturday & Sunday / 8:00-5:00
Must be 15 years of age. \$230

RECERT LIFEGUARD CLASSES

Apr 14, May 5, June 2, Jul 7, Aug 11
8:00 am - completion.
Must be 15 years of age. \$110.00

WSI (Water Safety Instructor)

Apr 20-21, May 11-12, Jun 15-16, July 13-14, Aug 17-18
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm
Must be 16 years of age. \$230

CERTIFIED POOL OPERATOR

Apr 6, 7 / May 25, 26 / June 22, 23 / Aug 24, 25
\$350

CPO FUSION \$131
Apr 7 / May 26 / June 23 / Aug 25



SWIM LESSONS

PRESCHOOL

Mon, Tues, Wed, Thurs (two weeks)
4:00-4:30 pm & 4:40-5:10 pm
June 10-20 / June 24 - July 3 (prorate)
July 8-18 / July 22 - Aug 1 / Aug 5-15
Member: \$79, Non-Member: \$111

SCHOOL AGE

Mon, Tues, Wed, Thurs (two weeks)
5:20-5:50 pm & 6:00-6:30 pm
June 10-20 / June 24 - July 3 (prorate)
July 8-18 / July 22 - Aug 1 / Aug 5-15
Member: \$79, Non-Member: \$111

PARENT & ME

Saturdays / 10:00 & 10:30 am
June 8-29 / July 13-Aug 3
Member: \$49, Non-Member: \$61

ADULT

Saturday & Sunday / 11:00 am-12:00 pm
June 15-30 / July 13-28
Member: \$65, Non-Member: \$85

Safety Around Water

May 6-9 / Free / Ages 3-12

Outdoor Water Ex

Starts July 10 @ Elks Pool

Life Jacket Check-Out

Infant - 90 lbs + / Free



AGE GROUPS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for more information

LEVELS 1-6: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

CPR & FIRST AID

CPR (BLS)

Basic Life Support / AHA \$45
4/8, 5/6, 6/3, 7/1, 8/5

HEARTSAVER CPR, FIRST AID, AED COMBO

4/10, 5/8, 6/6, 7/11, 8/8 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

4/17, 5/15, 6/12, 7/17, 8/14 \$80

E-LEARNING

Test in-house. Call the Y for details and to set up an appointment for testing.
With card fees BLS: \$44
With card fees Heartsaver: \$48
Visit www.elearning.heart.org for additional course fees.



CHILD CARE

Contact Janine Jorgenson
jjorgenson@gfymca.org

YMCA EDUCATIONAL CENTER

BABY BAY



Your infant's day is tailored to suit his/her individual schedule and needs. Age 6 weeks-12 months.

TOT TOWN

A rich sensory toddler environment offers opportunities to see, hear, touch, and manipulate and provides children the basis for developing knowledge and independence. Ages 1-3 years.

PRESCHOOL

Creative Curriculum lesson plans and activities develop social, emotional, physical and cognitive skills for school readiness. Children participate in up to two 30 minute swimming lessons per week, taught by Certified Water Safety Instructors. Ages 3-5 years.

We are hiring part and full time teachers! Contact Janine Jorgenson.

Summer Wilderness Club

Wilderness Club is a licensed childcare summer program for children who have completed kindergarten through age 12. Children explore Grand Forks parks, while transportation is provided to baseball, softball and golf (fee applies). Hours are 6:30 am - 6:00 pm. Contact Janine Jorgenson for details.

